AL-HIDAYAH 1419 / 1999 No. 8

## SAUM (FASTING)

1. Fasting in the month of Ramadaan is one of the five pillars of Islaam.
2. Fasting in the Month of Ramadaan Is obligatory or farz upon every Muslim man and woman who is sane and mature.
3. Almlghty Allaah has promised great rewards for those that fast. Whilst severe punishment is in store for those that do not fast in the month of Ramadaan.
4. Fasting has many physical, moral and social benefits. However Allaah has made fasting obligatory so that we become plous. Allaah fearing and Allaah conscious,
5. Fasting In lslaam means to stay away from eating. drinking and cohabitation from subha sadlq (early dawn) to sunset with an Intention or niyat of keeping a fast (roza). It is also important to refrain from all sins.
6. Fasting is the only method whereby the pangs of hunger the every present companion of the poor are experienced by the rich. Thus this experience kindles a spirit of kindness to the poor and the distressed. It also gives rise to the thought of how people will fare on the resurrection day, when they will feel the greatest urge of hunger and thirst.
7. Fasting teaches us to be thankful to Allaah Ta'ala for the countless bounties bestowed on us.

## THE NIYYAT OR INTENTION

I. The <u>NIYYAT</u> or intention of fasting Is <u>NECESSARY</u> if a person stays away from all those things that breaks one's fast without a niyyat the fast will not be valid.
2. It is <u>Not</u> necessary to express that niyyat verbally as niyyat means to will or intend the Intention at heart will suffice. But It is better to express the niyyat In words also.
3. The time for niyyat lasts up to midday for farze mualyyan.Wajib mauiyyan and sunnat or mustahab fasts. The hours of a day are from subha sadiq to sunset.
4. Tile Niyyat for farze ghaire muaiyyan and wajibe ghair mauiyyan should be made before subha sadiq.

## MUSTAHABS IN FASTING

1. To partake of sehri - the meal before subha sadlq.
2. To delay sehri up to a little before subha sadlq. (early dawn).
3. To break fast immediately after sunset.
4. To break one's fast with dry or fresh dates if available. If dates are not available then with water.
5. To make niyyat at night.

## TYPES OF FAST

There are eight types of fast. They are as folows:

1. **<u>EARZE MAUIYYAN:</u>** Fasting for the whole month of Ramadaan once a **year.**
2. **<u>FARZE-E-GHAIR MUAIYYAN</u>:** The duty upon one to keep qaza of a fast missed In the month of Ramadaan with or without a valid reason.
3. **<u>WAJIB MUAIYYAN:</u>** To vow or pledge to keep a fast on a fixed day or date for the sake of Allaah upon the fulfillment of some wish or desire. (Nazar)
4. **<u>WAJIB GHAIR MUAIYYAN:</u>** To promise to keep a fast without fixing any day or date. Upon the fulfillment of a wish. (NAZAR). Also those fasts which are kept for breaking one's qasam (oath) etc.
5. **<u>SUNNAT:</u>** Those fasts which Rasulullaah (S.A.W.) (peace be upon him) kept and encourage others to keep. E.G. fasting on the 9th and 10th of Muharram, 9th of Zil Huja, etc.
6. **<u>MUSTAHAB:</u>** All fasts besides farz, wajib, and sunnat are mustahab. E.G. fasting on Mondays and Thursdays
7. **<u>MAKROOH:</u>** Fasting only on the 9th OR 10th of Muharram or fasting only on saturdays.
8. **HARAAM:** It is forbidden or haraam to fast on five days during the year. They are Eid ul Fitr, Eidul Adha and three days after Eidul Adha.

## THINGS MAKROOH WHILE FASTING

1. To chew gum , rubber , plastic items or such other things.
2. To taste any article of food or drink and spit it out. If a woman has a very ill tempered husband, it is permitted for her to taste the food, as long as It does not go down the throat.
3. To collect one's Saliva In the mouth and then to swallow it. trying to quench thirst.
4. To delay a bath which has become farz knowingly until after subha sadlq.
5. To use paste or tooth powder to dean one's teeth. It Is permitted to clean with a miswaak. of any fresh branch or root. (tooth stick).
6. To complain of hunger and thirst.
7. To take the water up the nostrlls when cleaning the nose.
8. To gargle more then necessary.
9. To quarrel, argue, use filthy or indecent words.
10. To backbite, tell a lie and swear etc. are sinful acts. Even when one is not fasting. therefore they become even worse when fasting.
11. To take out blood from the body.

Jet Printers Tel. 331-1.371

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## THINGS THAT BREAK ONE'S FAST

1. Things that break one's fast are of two kinds. some make only Qaza necessary, whilst others make both Qaza and Kaffarah compulsory.

[a] **QAZA** : To keep one fast In place of the one that breaks, or Is broken intentionally.
[b] **KAFFARAH**:
1. To keep fast after another for sixty days or
2. Feed sixty people to their fill for two meals or
3. Feed one poor person two meals a day, for sixty days or
4. Give to 60 poor person 31/2 LBS – 1.6 kg approx. of wheat or its value in cash. or food grains. or
5. Give to one poor person not less than 3 1/2 LBS -1.6kg. approx. of wheat or rice, food grains etc. to its. value, or cash for 60 days.

## THINGS THAT MAKE BOTH QAZA ANP KAFFARAH WAJIB

1. Eating, drinking or breaking the fast In any other manner, like smoldng etc. with out a valid reason, will make both qaza and kaffarah necessary.
2. Applying surma Into the eye or rubbing oil on the head and then thinking that fast Is broken to eat and drink Intentionally.
3. To drink any kind of medicine Intentionally. *(Note·: Injection Is permitted.)

## THINGS THAT DO NOT BREAK THE FAST

1. To eat or drink something or cohabitate unintentionally.
2. Mosquito or fly or any other object going down the unintentionally.
3. Water entering the ears.
4. Dust or dirt going down the throat.
5. Swallowing one's sallva.
6. To vomit unintentionally.
7. Applying kohl or surma into the eye.
8. Taking a bath to keep cool.
9. Rubbering oil on the body or hair.
10. Talking an injection.
11. Applying Itar or perfume. (It is not permitted to inhale the smoke of lobaan or agar batti whilst fasting). It is not permitted to smoke cigarettes or inhale its smoke.
12. Brushing the teeth without toothpaste or powder.(Miswaaak etc.)
13. A person slept during the day and saw such a dream which makes ghusul wajib (necessary) does not break the fast.

## PEOPLE EXEMPTED FROM FASTING IN RAMADAAN

1. Sick people whose healthy is likely to be badly affected by fasting. They must make-up the loss a day for a day when they recovery after Ramadaan.
2. A Musafir (one who is undertaking a journey of more than 88 km. However he does not intend staying more than 14 days at his destination. Nevertheless it is better for him to fast in Ramadaan, than to keep qaza later. If the journey is not a tiresome one.)
3. If it is feared that hunger or thirst will lead to death. It is permitted to break one's fast.
4. It is wajib to keep qaza of a Nafl fast that was broken before completing it.

## THINGS THAT BREAK ONE'S FAST BUT MAKE ONLY QAZA WAJIB

1. Anything put by force into the month of fasting persons.
2. Water goes down the throat whilst gargling. Conscious of one's fasting.
3. To vomit mouthful Intentionally or to return vomit down the throat.
4. Swallowing intentionally a pebble, piece of paper or any item that is not used as Food or medicine.
5. Swallowing something edible, equal to or bigger than a grain of gram which was struck between the teeth. However if it first taken out of the mouth and then put back in to the mouth and swallowed, It will break the fast whether It is smaller or bigger than the size of a gram.
6. Putting oil into the ear or medicine in nose or ear.
7. Inhaling snuff into the nostrils or the smell of loban and incense.
8. Swallowing the blood from the gums, If the colour of the blood is more than the saliva with which it is mixed.
9. To eat and drink forgetting that one is fasting and thereafter thinking that the fast is broken to eat and drink again.
10. To eat and drink after subha sadiq, or to break the fast before sunset due to cloudy sky or a faulty watch. etc. and realising one's fault later.
11. To smoke cigarettes, pipe or hookah.
12. To put medicine through the anus N.B. when bathing in Ramadan extra care should be taken so that no water enters the body through the anus.
13. When a women Inserts medicine in her vagina.

**N.B.** Any other fast besides a Ramadaan fast, whether broken intentionally or with a good valid reason makes only qaza wajib or necessary, there is no kaffarah for breaking .any fast besides that of Ramadan.

## FIDYA FOR FAST

1. A very old person who does not have the strength to fast or a very sickly or diseased person who has no hope of recovering after Ramadaan should give fidya for each fast missed in Ramadaan.
2. The fidya for a fast is similar to that of farz and wajib namaaz.

i) TO GIVE 31/2 lbs – 1.6kg Approx OF WHEAT
OR ……………. 7 lbs – 3.2kg APPROX OF BARLEY
ii) OR ……………. The equivalent to the above in cash or kind.

If however an old or sick person gains strength or recovers after Ramadaan. He must keep the missed number of fast and whatever was given as fidya (Compensation) will be a reward (Sawaab) for him from Allaah Ta'ala.
No one is allowed to fast for another (sick or ill) person.
N.B children should be encouraged to keep fast. But should not be forced to complete the fast up to sunset if they are unable to bear the hunger or thirst.

## SADQATUL FITR

Sadqatul Fitr is wajib on anybody who has more money, goods, personal effects in excess of his needs. (i.e clothing utensils property furniture etc) than the current value or 617.36 grammes of silver through the condition for zakaat to be farz is to have had cash gold, silver. Stocks for a full lunar year it is not the same for sadaqatul fitr and qurbani.
It is compulsory to pay sadaqatul fitr for one's self and young children. Sadaqatul fitr becomes wajib on eid day at subh sadiq (twilight). If somebody dies during eid night it is not wajib on him.
If a children is born on eid night his sada fitr must be paid. If a child is born after subh sadiq. It is not wajib.
It is wajib to pay sadafitr for one's wife and mature children. If they have more money or goods than 612.36 grammes or silver, they must pay for themselves. It is in order if It is paid 3-4 days before eid. If it is not paid on eid day it can be paid. when possible.

## AMOUNTS OF SADQATUL FITR

1.661 kg of wheat must be given for each person including children, thought it is better to give 1.750 kg of wheat to be on the safe side. If in the place of wheat anything else is given then the value must be the same as 1.75 kg of wheat. Cash can also be given. Verily Allaah knows best.